

# Instant Pot Asian Noodle Bowls

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bowl-recipe>

## Ingredients:

- 1/2 cup reduced sodium tamari soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons almond butter
- 2 tablespoons erythritol
- 2 cups chicken broth
- 1 pound boneless, skinless chicken breast cut into bite-sized pieces\*
- 2 large carrots peeled and thickly sliced, 1/2" on the diagonal
- 8 ounces brown rice noodles uncooked
- sliced green onions
- chopped almonds

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 43 grams
7. SaturatedFat: 2 grams
8. Sodium: 4470 milligrams
9. Sugar: 2 grams

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